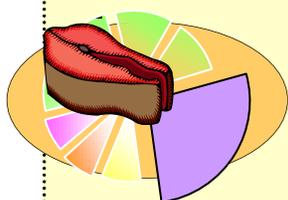


How to Build a Healthy Meal

By using foundational nutrition principles and the *Healthy Meal Wheel* on the other side of this sheet, you will find that building a balanced, healthy *and* delicious meal can be easy!



Vegetables and Fruit: Focus on filling half of your plate with vegetables-- nutrient dense sources of complex carbohydrates. Non-starchy vegetables are a source of energy that will help to stabilize blood sugar and insulin levels, and they contain many vitamins, minerals and phytonutrients to support health. Starchy vegetables such as sweet potatoes, winter squash and potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs. Choose a variety to maximize the variety of nutrients you take in. Fruits should be consumed in moderation as they have the potential to raise blood sugar and insulin.



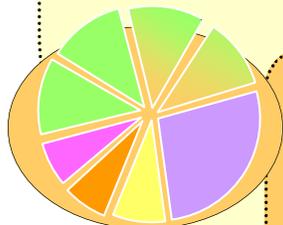
Quality Protein: Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health at any age. Complete proteins include eggs, meat, fish, seafood, and poultry. In addition to being a complete protein, a *quality* protein is organic, naturally-raised or wild-caught as these do not contain unhealthy hormones, pesticides or preservatives. Vegetarian complete protein sources including potatoes, quinoa, dairy and soy should be consumed with caution due to their high carbohydrate content.



Healthy Fats: Fat is *essential* for optimal health and wellness because it helps build healthy cells and is a major energy source for the body. Often, healthy fats are a component of the quality protein you already have on your plate. Foods like organic whole eggs, grass-fed meats and wild, coldwater fish are all excellent sources of healthy fats. In addition to eating these foods, you can prepare or garnish food with extra virgin olive oil, coconut oil, organic butter and ghee to get the healthy fats you need. You may also want to incorporate foods like avocados and organic nuts and seeds into your diet, as these foods are naturally high in healthy fats and make great snacks throughout the day.



Optional Additional Carbohydrates: Athletes or people who exercise regularly may want to add additional carbohydrates to meet their energy needs. You might want to start with adding more nutrient dense starchy vegetables and fruit. Eating grains is not recommended because they contain anti-nutrients that are harmful to the body. Additionally, proteins in the gluten-containing grains cause an immune response in one out of every three people and the starch found in these grains elevates blood sugar rapidly, contributing to blood sugar highs and lows. Quinoa, wild rice, teff, buckwheat and legumes are less problematic than true grains. They also contain anti-nutrients and should be soaked and/or fermented before they are eaten.



Healthy (and Delicious!) Balanced Meal

Find the right balance for you by combining the above in portions and ratios that work best for you and your lifestyle.

It's that easy! Now you are ready to roll.

Vegetables; Healthy Carbohydrates

Leafy Greens

- Chard
- Beet greens
- Spinach
- Curly kale
- Red kale
- Collards
- Mustard greens
- Dandelion greens
- Red leaf lettuce
- Romaine lettuce
- Butter lettuce
- Endive
- Arugula

Mushrooms

- Button
- Shitake
- Crimini
- Portobello
- Herbs
- Parsley (curly and flat leaf)
- Cilantro
- Basil
- Dill

Summer Squash

- Crookneck
- Pattypan
- Yellow squash
- Zucchini

Onion Family

- Red onions
- Yellow onions
- White onions
- Garlic
- Green onions
- Shallots

Crucifers

- Broccoli
- Cauliflower
- Green cabbage
- Red cabbage
- Chinese cabbage
- Brussels sprouts
- Bok choy
- Kale
- Collards
- Mustard greens

Miscellaneous

- Asparagus
- Artichokes
- Avocado
- Bean sprouts
- Cucumber
- Celery
- Fennel
- Green beans
- Okra
- Olives
- Peas, raw
- *Peas, cooked

Nightshades

- Tomatoes
- Eggplant
- Green/Red/Yellow peppers
- Hot peppers
- *White potatoes
- *Red potatoes
- *Purple potatoes
- *Yukon Gold potatoes

Tubers

- *Yams
- *Potatoes

* Higher carbohydrate vegetables

Root Vegetables

- *Beets
- *Burdock root
- *Carrots, cooked
- Carrots, raw
- *Celery root
- Daikon
- Jicama
- Parsnips
- Radishes
- *Rutabagas
- *Turnips

Winter Squashes

- *Acorn
- *Butternut
- *Carnival
- *Delicata
- *Hubbard
- *Kabocha
- *Pumpkin
- Spaghetti squash
- *Sweet dumpling
- *Turban

How to Build a Healthy Meal

Vegetables

(about 1/2 your plate)



Fruit



Optional Additional Carbohydrates



Optional Additional Healthy Fats



Quality Protein



(a palm sized portion)

Core Supplements



- Multivitamin/ mineral
- Vitamin D
- Fish oil
- Probiotics
- Vitamin K
- Coconut oil

Fruit

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Figs & Dates
- Grapefruit
- Grapes & Raisins
- Honeydew
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prunes
- Raspberries
- Strawberries
- Watermelon

Optional Additional Carbohydrates

Legumes

- Adzuki beans
- Anasazi beans
- Black-eyed peas
- Black beans
- Garbanzo beans
- Kidney beans
- Mung beans
- Navy beans
- Pinto beans
- Lentils

Grains

- Amaranth (GF)
- Brown Rice (GF)
- Buckwheat (GF)
- Corn (GF)
- Millet (GF)
- Quinoa** (GF)
- Teff (GF)
- Wild Rice** (GF)
- Oats

GF = gluten free

Healthy Fats

- Fat from Quality Protein
- Butter
- Ghee (clarified butter)
- Cream
- Coconut oil
- Olive oil
- Sesame oil
- Avocado
- Olives
- Nuts & Seeds

Vegetarian

- Eggs
- Quinoa
- Potato
- Tempeh
- Tofu
- Greek Yogurt, plain
- Cheese
- Cottage Cheese
- Nuts
- Seeds
- Mycoprotein (Quorn™)

Animal Based

- Beef
- Buffalo
- Chicken
- Duck
- Eggs
- Fish
- Seafood
- Lamb
- Ostrich
- Game Meat
- Pork
- Turkey
- Cheese
- Cottage Cheese
- Greek Yogurt, plain